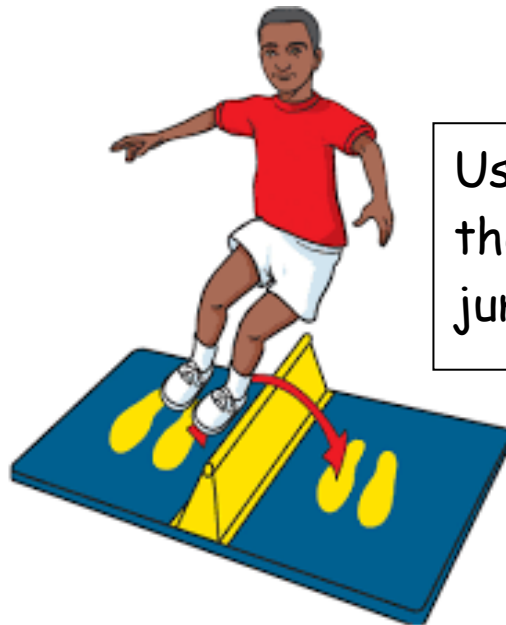


South Downs AREA

Weekly Personal Challenge



Week 1 - Speed bounce



Use a line on the floor to jump over.

How many jumps over a line can you do in 30 seconds?

- Take off from 2 feet and land on 2 feet
- Jump sideways
- Use your arms to help you balance